

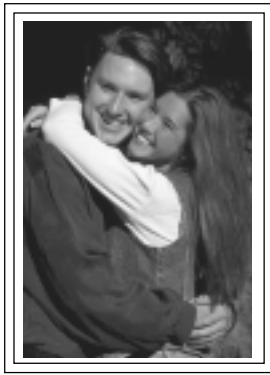
# Dating Violence

## A Guide for Teens

from

Utah Attorney General  
Mark Shurtleff

1-800-AG4-INFO



A violent boyfriend or girlfriend is dangerous. If you are in an abusive relationship, **get out**.

### Forms of Abuse

**Physical:** actions which cause physical pain or injury, such as kicking, pushing, or punching

**Emotional:** actions which cause loss of self-esteem, such as name-calling, swearing, or criticizing.

**Psychological:** actions which create fear, such as isolation or threats.

**Sexual:** acts of a sexual nature that are unwelcome or uncomfortable.

### Behaviors That Are Often Seen in People Who Abuse Their Partners

- Jealousy
- Controlling Behavior
- Unrealistic expectations
- Isolation
- Blaming others for problems
- Blaming others for feelings
- Hypersensitivity
- Cruelty to animals or children
- Verbal abuse/name-calling
- Forcing traditional gender roles
- History of battering
- Threats of violence
- Breaking or striking objects
- Use of force during an argument
- Constantly checking up on partner
- Forcing sex on partner

### What Victims Need to Know

- The abuse is not your fault.
- You don't deserve to be abused.
- You can't change someone who is abusive.
- Staying in the relationship won't stop the abuse.
- Over time, the abuse will get worse.
- Make a safe plan to follow when the abuse happens again.

## Dating Rights

### I have the right to

- be treated with respect
- my own body, thoughts, opinions, and property
- have my needs be as important as my partners
- not take responsibility for my partner's behavior
- keep my friends
- grow as an individual
- change my mind
- determine how much time I want to spend with my partner
- pay my own way
- assert myself
- not be abused physically, emotionally, or sexually
- break up, fall out of love, or leave a relationship

**If you are in an abusive relationship, tell a friend or relative you can trust.**

**Call your local community center:**

|   |                               |
|---|-------------------------------|
| Blanding/Monticello Safehouse               | 1-435-678-1491                |
| Brigham City YWCA                           | 1-435-723-5600                |
| Cedar City Canyon Creek Women's Crisis Ctr  | 1-435-865-7443                |
| Davis County Domestic Violence Shelter      | 1-801-444-9161                |
| Logan CAPSA                                 | 1-435-753-2500                |
| Moab Seekhaven                              | 1-435-259-2229                |
| Davis Teen Line (6 p.m.-10 p.m. Mon-Fri)    | 1-800-479-8336                |
| Ogden YCC                                   | 1-801-392-7273                |
| Park City Peace House                       | 1-435-647-9161                |
| Provo Center for Women & Children in Crisis | 1-801-377-5500                |
| Richfield New Horizons                      | 1-800-343-6302 1-435-896-9294 |
| Salt Lake City YWCA                         | 1-801-537-8600                |
| South Salt Lake Valley Sanctuary            | 1-801-255-1095                |
| St. George Dove Center                      | 1-435-628-0458                |
| Tooele Safehouse                            | 1-800-833-5515 1-435-833-7350 |
| Vernal Women's Crisis Ctr                   | 1-435-790-7564 1-435-781-4670 |

or call

### Utah Domestic Violence Info Line

**1-800-897-LINK (5465)**

(Toll-free daily 8:30 am - 9:00 pm)

### National Domestic Violence Hotline

**1-800-799-SAFE (7233)**

(Toll-free 24 hours)

### Utah Rape Recovery Center

**1-888-421-1100**

(Toll-free 24 hours)

**For emergencies, call 911**

**Dial 0** for local collect calls